

## Health Maintenance Examinations

Civil service employees are encouraged to participate in the voluntary physical examination program. Appointments are scheduled annually and include:

### First physical examination:

- Chemistry/CBC/urinalysis (labwork)
- PSA for males 45+
- Pap available for females
- Baseline audiogram
- Baseline pulmonary function test
- Baseline vision screening
- Baseline EKG
- Full examination with nurse practitioner or physician

### Annual:

- Chemistry/CBC/urinalysis
- PSA for males 45+
- Pap available for females (recommendations for frequency vary with age and history)
- EKG: age 40, 45, 47, 49 and annually thereafter
- Consultation with NP/MD to review results and make recommendations for follow-up care with primary care physician

### Tri-annual:

- Full examination ("head to toe") added to the annual testing
- Treadmill stress test available based on risks determined by physician

Please call x3195 to sign up for the program. You will receive an appointment in your birth month.